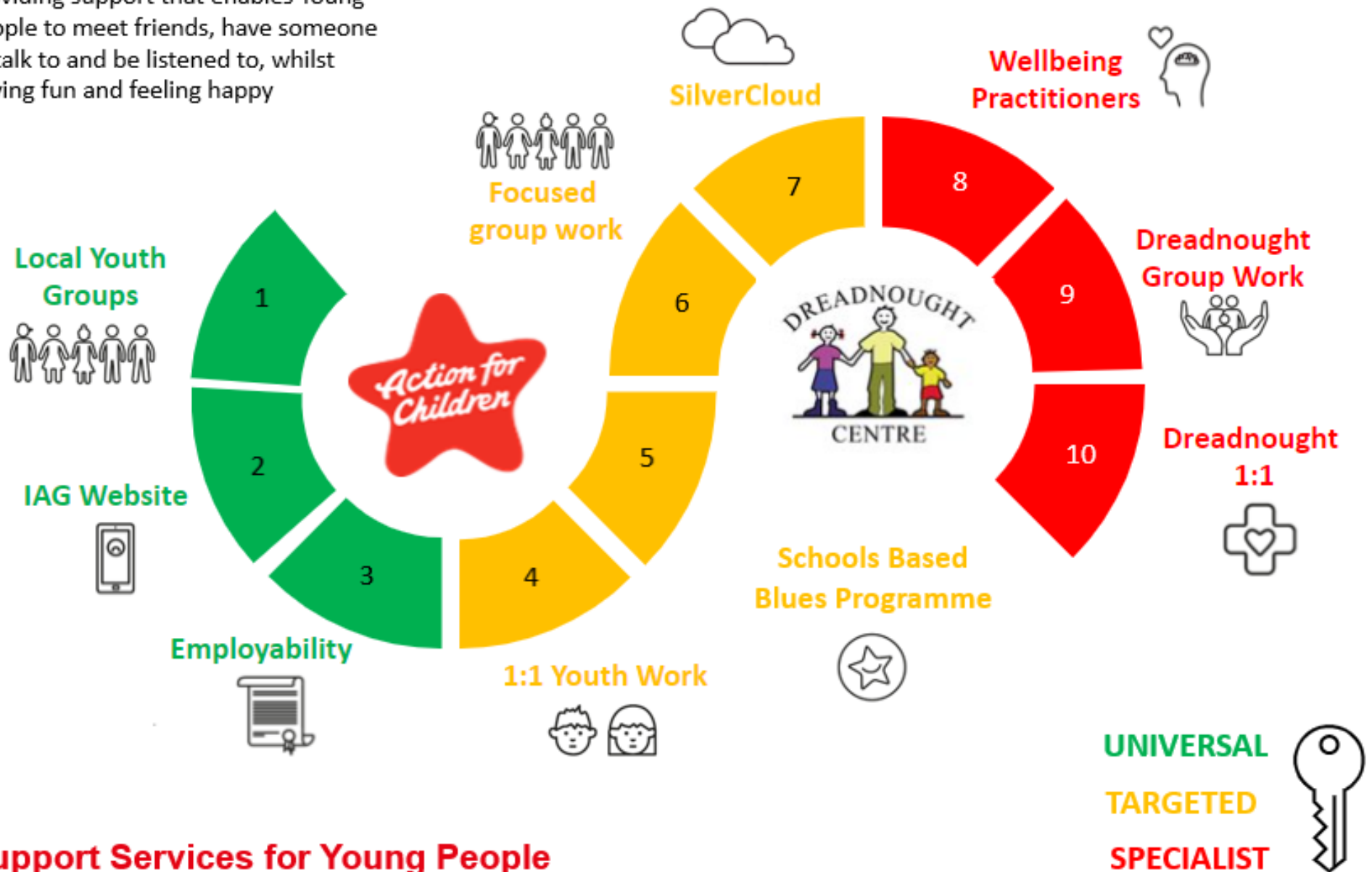


# Kernow Connect

Providing a range of universal, targeted and specialist services to Young People aged 11-19 and those up to 25 with SEND in Cornwall.



Providing support that enables Young People to meet friends, have someone to talk to and be listened to, whilst having fun and feeling happy



## Support Services for Young People



### Universal Offer

Support for all Young People aged 11-19 years or 25 years with SEND. No referral is required, simply check out our website for venues and come along or access online.

1. Local Youth groups and activities provided in your community and online
2. Information, Advice and Guidance Website
3. Online Employability Service



### Targeted Offer

Support for Young People aged 11-19 years or 25 years with SEND who need a little extra help. A referral is required for these services, ask a professional you are working with to refer you or self refer. Forms can be found on our website.

4. 1:1 Youth Work for those that need a little extra support
5. Blues Programme. Group support in schools focusing on changing how you think to change what you do
6. Focussed Group Work for groups of young people with a shared need

**Criteria.** Low Self esteem, low confidence, lack of social opportunity, needing co-ordination of support.

7. SilverCloud. An online self-help programme using Cognitive Behavioural Therapy (CBT) based techniques

**Criteria.** Low level anxiety, depression.



### Specialist Offer

A referral is required for these services, ask a professional you are working with to refer you or self refer. Forms can be found on our website.

8. Wellbeing Practitioners. Offering one to one CBT support to Young People aged 11-19 years or 25 years with SEND.

#### Criteria

- Anxiety
- Low mood,
- Panic disorders,
- Obsessive behaviours
- Changes in behaviour and feelings

9. Dreadnought. Offering Group Support

10. Dreadnought. Offering one to one support

A specialist issue based service for young people aged 11-19 years or 25 years with SEND, with a specifically identified mental health need, who are experiencing significant impairment to their ability to engage in day to day life.

#### Criteria

- Referral made to CAMHS that does not meet the threshold for the service
- A CAMHS assessment has been undertaken but no ongoing therapeutic intervention has been put in place
- Discharged from in-patient services and in need of support to re-engage
- The Young Person is registered as CIN / CP / In-care At risk of exclusion from school or school refusal



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Email: [Kernow.connect@actionforchildren.org.uk](mailto:Kernow.connect@actionforchildren.org.uk)

Phone: 01872 321486

Facebook: Coming Soon

Website: [actionforchildren.uk/kernow-connect](http://actionforchildren.uk/kernow-connect)

